

# Heldagstrening SMCK

## Trening

Vålerbanen Racing Circuit 2,274 km

### Practice Heat 5 - Alle Klasser

29.05.2023 16:20

### Practice (1:20:00 Time) started at 16:20:00

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(86) Henning Sandem Flathaug</b>					
1	17:01:09.324				
2	17:02:08.948	59.624			
3	17:03:08.475	59.527			
4	17:04:08.601	1:00.126			
5	17:05:07.995	59.394			
6	17:06:08.518	1:00.523			
7	17:07:08.147	59.629			
8	17:08:07.025	58.878			
9	17:09:07.041	1:00.016			
10	17:10:06.409	59.368			
p11	17:11:13.787	1:07.378			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(17) Helge Spjeldnes</b>					
1	17:10:43.624				
2	17:11:45.848	1:02.224			
3	17:12:46.576	1:00.728			
4	17:13:47.179	1:00.603			
p5	17:15:01.113	1:13.934			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(25) Mads Sandbakken</b>					
1	17:07:03.928				
2	17:08:06.437	1:02.509			
3	17:09:08.057	1:01.620			
4	17:10:09.793	1:01.736			
5	17:11:11.475	1:01.682			
6	17:12:13.227	1:01.752			
7	17:13:14.673	1:01.446			
8	17:14:16.197	1:01.524			
9	17:15:18.020	1:01.823			
10	17:16:19.608	1:01.588			
11	17:17:20.968	1:01.360			
p12	17:18:29.516	1:08.548			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(34) Espen Sandbakken</b>					
1	17:04:08.206				
2	17:05:10.076	1:01.870			
3	17:06:11.871	1:01.795			
4	17:07:13.796	1:01.925			
5	17:08:15.754	1:01.958			
6	17:09:17.432	1:01.678			
7	17:10:19.228	1:01.796			
p8	17:11:27.062	1:07.834			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(69) Bobbo Enger</b>					
1	17:02:46.469				
2	17:03:49.210	1:02.741			
3	17:04:52.010	1:02.800			
4	17:05:54.271	1:02.261			
5	17:06:56.410	1:02.139			
6	17:07:58.345	1:01.935			
7	17:09:00.684	1:02.339			
p8	17:10:10.244	1:09.560			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(12) Kevin Jensen</b>					
1	17:03:25.878				
2	17:04:28.738	1:02.860			
3	17:05:32.243	1:03.505			
4	17:06:35.427	1:03.184			
5	17:07:37.436	1:02.009			
p6	17:08:46.751	1:09.315			
7	17:10:27.237	1:40.486			
p8	17:11:37.901	1:10.664			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(42.) Thomas Gåserød</b>					

Lap	Time of Day	Lap Tm	S1	S1	S2
1	17:03:22.308				
2	17:04:25.518	1:03.210			
3	17:05:28.003	1:02.485			
4	17:06:30.910	1:02.907			
5	17:07:35.205	1:04.295			
6	17:08:39.067	1:03.862			
7	17:09:42.928	1:03.861			
8	17:10:46.821	1:03.893			
9	17:11:50.653	1:03.832			
10	17:12:54.367	1:03.714			
11	17:13:56.453	1:02.086			
p12	17:15:11.128	1:14.675			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(73) Svein Rognmo</b>					
1	17:04:42.613				
2	17:05:47.144	1:04.531			
3	17:06:51.046	1:03.902			
4	17:07:55.003	1:03.957			
5	17:08:58.062	1:03.059			
6	17:10:00.379	1:02.317			
7	17:11:02.900	1:02.521			
8	17:12:05.668	1:02.768			
9	17:13:08.198	1:02.530			
10	17:14:10.746	1:02.548			
11	17:15:14.450	1:03.704			
12	17:16:17.175	1:02.725			
13	17:17:20.094	1:02.919			
p14	17:18:29.036	1:08.942			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(69.) Marius Naume</b>					
1	17:02:03.209				
2	17:03:07.813	1:04.604			
3	17:04:11.207	1:03.394			
4	17:05:14.347	1:03.140			
5	17:06:17.806	1:03.459			
6	17:07:20.390	1:02.584			
p7	17:08:30.459	1:10.069			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(25.) Marius Ravi Evensen</b>					
1	17:02:25.038				
2	17:03:29.061	1:04.023			
3	17:04:32.240	1:03.179			
4	17:05:34.905	1:02.665			
p5	17:06:45.502	1:10.597			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(42..) Thomas Bergstrøm</b>					
1	17:02:18.225				
2	17:03:22.866	1:04.641			
3	17:04:27.207	1:04.341			
4	17:05:30.798	1:03.591			
5	17:06:33.947	1:03.149			
6	17:07:37.047	1:03.100			
7	17:08:39.991	1:02.944			
8	17:09:43.603	1:03.612			
9	17:10:50.175	1:06.572			
10	17:11:58.471	1:08.296			
11	17:13:02.215	1:03.744			
p12	17:15:06.547	2:04.332			

Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(43) Thomas Nornes</b>					
1	16:43:28.282				
2	16:44:33.224	1:04.942			
3	16:45:37.812	1:04.588			
4	16:46:41.338	1:03.526			
5	16:47:46.066	1:04.728			
6	16:48:50.782	1:04.716			

# Heldagstrening SMCK

Trening Vålerbanen Racing Circuit 2,274 km

Practice Heat 5 - Alle Klasser 29.05.2023 16:20

Practice (1:20:00 Time) started at 16:20:00

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
p7	16:50:03.486	1:12.704				1	17:03:14.364				
8	16:52:58.436	2:54.950				2	17:04:20.356	1:05.992			
9	16:54:02.251	1:03.815				3	17:05:25.540	1:05.184			
10	16:55:05.615	1:03.364				4	17:06:30.748	1:05.208			
11	16:56:08.959	1:03.344				5	17:07:34.949	1:04.201			
12	16:57:14.507	1:05.548				6	17:08:38.786	1:03.837			
p13	16:58:55.927	1:41.420				7	17:09:42.683	1:03.897			
<b>(63) Popstjerne Aastad</b>						8	17:10:46.574	1:03.891			
1	16:22:36.763					9	17:11:50.485	1:03.911			
p2	16:23:47.244	1:10.481				10	17:12:54.358	1:03.873			
3	16:42:32.426	18:45.182				11	17:13:59.035	1:04.677			
4	16:43:36.802	1:04.376				p12	17:15:13.763	1:14.728			
5	16:44:43.463	1:06.661				<b>(911) Erik Halvorsen</b>					
6	16:45:47.856	1:04.393				1	16:43:23.669				
7	16:46:51.722	1:03.866				2	16:44:29.562	1:05.893			
8	16:47:56.992	1:05.270				3	16:45:34.407	1:04.845			
9	16:49:24.030	1:27.038				4	16:46:39.790	1:05.383			
10	16:50:28.149	1:04.119				p5	16:47:52.018	1:12.228			
11	16:51:34.288	1:06.139				6	16:49:12.975	1:20.957			
12	16:52:38.379	1:04.091				7	16:50:18.025	1:05.050			
13	16:53:41.943	1:03.564				8	16:51:25.629	1:07.604			
14	16:54:46.298	1:04.355				9	16:52:31.640	1:06.011			
15	16:55:51.519	1:05.221				10	16:53:39.630	1:07.990			
16	16:56:57.064	1:05.545				11	16:54:44.983	1:05.353			
17	16:58:02.115	1:05.051				12	16:55:48.933	1:03.950			
p18	16:59:39.695	1:37.580				p13	16:57:07.852	1:18.919			
<b>(50) Erik Myhre</b>						<b>(68) Dagfinn Mosveen</b>					
1	16:23:42.814					1	16:44:01.706				
2	16:24:59.550	1:16.736				2	16:45:11.396	1:09.690			
3	16:26:16.845	1:17.295				3	16:46:21.610	1:10.214			
4	16:27:29.344	1:12.499				4	16:47:33.288	1:11.678			
5	16:28:41.223	1:11.879				5	16:48:42.925	1:09.637			
6	16:29:53.630	1:12.407				6	16:49:52.164	1:09.239			
7	16:31:06.387	1:12.757				7	16:50:59.547	1:07.383			
8	16:32:18.497	1:12.110				8	16:52:05.952	1:06.405			
9	16:33:36.115	1:17.618				9	16:53:16.724	1:10.772			
10	16:34:49.376	1:13.261				10	16:54:22.920	1:06.196			
11	16:36:01.489	1:12.113				11	16:55:29.433	1:06.513			
12	16:37:12.841	1:11.352				12	16:56:34.668	1:05.235			
p13	16:38:28.651	1:15.810				13	16:57:40.474	1:05.806			
14	17:02:19.489	23:50.838				p14	16:59:08.138	1:27.664			
15	17:03:24.529	1:05.040				<b>(110) Oliver Hammer</b>					
16	17:04:28.166	1:03.637				1	16:42:47.854				
17	17:05:33.763	1:05.597				2	16:43:57.439	1:09.585			
p18	17:06:43.174	1:09.411				3	16:45:05.117	1:07.678			
<b>(78) Kenneth Skyttermoen</b>						4	16:46:12.578	1:07.461			
1	17:02:19.061					5	16:47:20.001	1:07.423			
2	17:03:23.675	1:04.614				6	16:48:26.980	1:06.979			
3	17:04:27.991	1:04.316				7	16:49:35.121	1:08.141			
4	17:05:31.770	1:03.779				8	16:50:43.680	1:08.559			
5	17:06:35.448	1:03.678				9	16:51:50.143	1:06.463			
6	17:07:40.806	1:05.358				10	16:52:56.423	1:06.280			
7	17:08:45.459	1:04.653				11	16:54:02.043	1:05.620			
8	17:09:49.480	1:04.021				12	16:55:07.842	1:05.799			
9	17:10:54.165	1:04.685				13	16:56:13.550	1:05.708			
10	17:11:59.094	1:04.929				14	16:57:18.813	1:05.263			
11	17:13:03.138	1:04.044				p15	16:58:36.132	1:17.319			
12	17:14:07.668	1:04.530				<b>(43.) Oscar Wigestam</b>					
13	17:15:58.598	1:50.930				1	16:43:24.287				
14	17:17:04.440	1:05.842				2	16:44:32.220	1:07.933			
p15	17:18:37.147	1:32.707				3	16:45:38.413	1:06.193			
<b>(8) Renate Jensen</b>						4	16:46:43.730	1:05.317			



# Heldagstrening SMCK

**Trening** **Vålerbanen Racing Circuit 2,274 km**

**Practice Heat 5 - Alle Klasser** **29.05.2023 16:20**

**Practice (1:20:00 Time) started at 16:20:00**

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
p5	16:47:54.237	1:10.507				5	16:48:14.873	1:07.430			
6	16:49:13.373	1:19.136				6	16:49:21.293	1:06.420			
7	16:50:18.645	1:05.272				7	16:50:27.980	1:06.687			
8	16:51:25.358	1:06.713				8	16:51:33.935	1:05.955			
9	16:52:31.364	1:06.006				9	16:52:40.252	1:06.317			
p10	16:53:44.584	1:13.220				10	16:53:47.139	1:06.887			
11	16:55:38.752	1:54.168				11	16:54:53.880	1:06.741			
p12	16:56:57.133	1:18.381				12	16:56:00.705	1:06.825			
						13	16:57:07.373	1:06.668			
<b>(124) Kim andre Smeby</b>						p14	16:58:54.243	1:46.870			
1	16:43:00.110					<b>(126) Øystein Nettum</b>					
2	16:44:07.833	1:07.723				1	16:44:06.104				
3	16:45:14.638	1:06.805				2	16:45:14.015	1:07.911			
4	16:46:22.227	1:07.589				3	16:46:21.764	1:07.749			
5	16:47:31.546	1:09.319				4	16:47:29.082	1:07.318			
6	16:48:37.074	1:05.528				5	16:48:35.274	1:06.192			
7	16:49:44.408	1:07.334				6	16:49:41.286	1:06.012			
8	16:50:51.690	1:07.282				p7	16:50:59.253	1:17.967			
9	16:51:58.857	1:07.167				<b>(94.) Helge Mosveen</b>					
10	16:53:04.584	1:05.727				1	16:43:23.647				
11	16:54:13.113	1:08.529				2	16:44:33.569	1:09.922			
12	16:55:21.431	1:08.318				3	16:45:42.481	1:08.912			
13	16:56:30.941	1:09.510				4	16:46:51.542	1:09.061			
14	16:57:39.683	1:08.742				5	16:47:59.898	1:08.356			
p15	16:59:14.953	1:35.270				6	16:49:07.433	1:07.535			
<b>(99) Kent-Erik Tøllefsen</b>						7	16:50:15.236	1:07.803			
1	16:43:05.007					8	16:51:23.211	1:07.975			
2	16:44:13.440	1:08.433				9	16:52:30.962	1:07.751			
3	16:45:20.764	1:07.324				10	16:53:38.248	1:07.286			
4	16:46:28.500	1:07.736				11	16:54:44.852	1:06.604			
5	16:47:36.185	1:07.685				12	16:55:50.994	1:06.142			
6	16:48:43.190	1:07.005				13	16:57:01.081	1:10.087			
7	16:49:49.856	1:06.666				14	16:58:09.405	1:08.324			
8	16:50:55.823	1:05.967				p15	16:59:24.511	1:15.106			
9	16:52:02.989	1:07.166				<b>(67) Frank Rånes</b>					
10	16:53:09.408	1:06.419				1	17:25:13.799				
11	16:54:15.082	1:05.674				2	17:26:23.835	1:10.036			
12	16:55:21.841	1:06.759				3	17:27:32.571	1:08.736			
13	16:56:30.836	1:08.995				4	17:28:40.146	1:07.575			
14	16:57:38.420	1:07.584				5	17:29:49.414	1:09.268			
p15	16:59:13.306	1:34.886				6	17:30:59.017	1:09.603			
<b>(20) John Emil Westby</b>						7	17:32:06.141	1:07.124			
1	16:42:05.530					8	17:33:15.683	1:09.542			
2	16:43:12.875	1:07.345				9	17:34:22.915	1:07.232			
3	16:44:22.545	1:09.670				10	17:35:30.009	1:07.094			
4	16:45:30.312	1:07.767				11	17:36:37.036	1:07.027			
5	16:46:36.944	1:06.632				12	17:37:43.465	1:06.429			
6	16:47:48.033	1:11.089				p13	17:39:00.185	1:16.720			
7	16:48:57.552	1:09.519				<b>(23) Petter Volland</b>					
8	16:50:05.561	1:08.009				1	17:03:55.219				
9	16:51:12.091	1:06.530				2	17:05:02.678	1:07.459			
10	16:52:18.982	1:06.891				3	17:06:09.563	1:06.885			
11	16:53:27.561	1:08.579				4	17:07:16.016	1:06.453			
12	16:54:36.195	1:08.634				5	17:08:23.396	1:07.380			
13	16:55:48.305	1:12.110				6	17:09:31.242	1:07.846			
14	16:57:00.181	1:11.876				p7	17:10:42.933	1:11.691			
15	16:58:05.995	1:05.814				<b>(171) Jørgen Bjørklund</b>					
p16	16:59:20.019	1:14.024				1	16:43:04.417				
<b>(94) Viljar Pålhaugen</b>						2	16:44:12.349	1:07.932			
1	16:43:42.845					3	16:45:20.398	1:08.049			
2	16:44:50.600	1:07.755				4	16:46:28.214	1:07.816			
3	16:45:58.882	1:08.282									
4	16:47:07.443	1:08.561									



# Heldagstrening SMCK

**Trening** **Vålerbanen Racing Circuit 2,274 km**

**Practice Heat 5 - Alle Klasser** **29.05.2023 16:20**

**Practice (1:20:00 Time) started at 16:20:00**

Lap	Time of Day	Lap Tm	S1	S1	S2
5	16:47:35.929	1:07.715			
6	16:48:43.566	1:07.637			
7	16:49:53.267	1:09.701			
8	16:51:01.206	1:07.939			
9	16:52:09.991	1:08.785			
10	16:53:18.561	1:08.570			
11	16:54:30.431	1:11.870			
12	16:55:37.098	1:06.667			
13	16:56:43.558	1:06.460			
14	16:57:51.205	1:07.647			
p15	16:59:36.237	1:45.032			

(98) Svenna Estensmo

1	16:43:59.383				
2	16:45:07.771	1:08.388			
3	16:46:15.780	1:08.009			
4	16:47:23.077	1:07.297			
5	16:48:31.997	1:08.920			
6	16:49:39.840	1:07.843			
7	16:50:47.536	1:07.696			
8	16:51:54.062	1:06.526			
9	16:53:03.760	1:09.698			
10	16:54:12.741	1:08.981			
11	16:55:22.191	1:09.450			
12	16:56:30.013	1:07.822			
13	16:57:39.224	1:09.211			
p14	16:59:07.417	1:28.193			

(636) Dan-Axel Nord Kristoffersen

1	16:45:26.272				
2	16:46:33.912	1:07.640			
3	16:47:42.155	1:08.243			
4	16:48:50.424	1:08.269			
5	16:49:58.718	1:08.294			
6	16:51:06.137	1:07.419			
7	16:52:14.066	1:07.929			
8	16:53:24.222	1:10.156			
9	16:54:34.049	1:09.827			
10	16:55:46.180	1:12.131			
11	16:56:55.749	1:09.569			
12	16:58:02.785	1:07.036			
p13	16:59:15.936	1:13.151			

(34.) Anders Lykkebø

1	16:43:35.635				
2	16:44:46.812	1:11.177			
3	16:45:57.786	1:10.974			
4	16:47:06.004	1:08.218			
5	16:48:13.626	1:07.622			
6	16:49:20.769	1:07.143			
7	16:50:27.846	1:07.077			
8	16:51:36.372	1:08.526			
p9	16:52:54.782	1:18.410			
10	16:54:52.784	1:58.002			
p11	16:56:08.460	1:15.676			

(123) Morten Midtlie

1	17:24:13.037				
2	17:25:23.633	1:10.596			
3	17:26:32.787	1:09.154			
4	17:27:43.159	1:10.372			
5	17:28:50.792	1:07.633			
6	17:30:00.734	1:09.942			
7	17:31:08.918	1:08.184			
8	17:32:23.641	1:14.723			
9	17:33:38.635	1:14.994			

Lap	Time of Day	Lap Tm	S1	S1	S2
10	17:34:47.080	1:08.445			
11	17:35:59.359	1:12.279			
12	17:37:09.903	1:10.544			
13	17:38:17.244	1:07.341			
p14	17:39:40.773	1:23.529			

(15.) Joakim Rokke

1	16:43:56.997				
2	16:45:04.450	1:07.453			
3	16:46:13.130	1:08.680			
4	16:47:20.729	1:07.599			
5	16:48:29.741	1:09.012			
6	16:49:37.090	1:07.349			
7	16:50:46.072	1:08.982			
8	16:51:54.186	1:08.114			
p9	16:53:11.517	1:17.331			

(76) Kjetil Håheim

1	16:42:06.615				
2	16:43:14.383	1:07.768			
3	16:44:23.732	1:09.349			
4	16:45:31.746	1:08.014			
5	16:46:39.609	1:07.863			
6	16:47:49.387	1:09.778			
7	16:48:56.990	1:07.603			
8	16:50:04.680	1:07.690			
9	16:51:12.989	1:08.309			
10	16:52:21.114	1:08.125			
11	16:53:29.123	1:08.009			
12	16:54:37.312	1:08.189			
13	16:55:47.866	1:10.554			
14	16:56:57.813	1:09.947			
15	16:58:05.689	1:07.876			
p16	16:59:23.082	1:17.393			

(356) Andreas Hansen

1	16:43:54.128				
2	16:45:02.671	1:08.543			
3	16:46:11.318	1:08.647			
4	16:47:20.466	1:09.148			
5	16:48:30.643	1:10.177			
6	16:49:38.714	1:08.071			
7	16:50:48.682	1:09.968			
8	16:51:57.278	1:08.596			
9	16:53:05.760	1:08.482			
10	16:54:13.920	1:08.160			
11	16:55:22.715	1:08.795			
12	16:56:32.043	1:09.328			
p13	16:57:49.960	1:17.917			

(646) Jan Erk Høiby

1	16:45:59.755				
2	16:47:11.558	1:11.803			
3	16:48:23.299	1:11.741			
4	16:49:34.319	1:11.020			
5	16:50:44.312	1:09.993			
6	16:51:53.568	1:09.256			
7	16:53:03.415	1:09.847			
8	16:54:12.416	1:09.001			
9	16:55:21.020	1:08.604			
10	16:56:29.732	1:08.712			
11	16:57:38.980	1:09.248			
p12	16:59:04.728	1:25.748			

(31) Neo Hansen

1	16:42:17.389				
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Chief of Timing & Scoring: [www.Timekeeping.no](http://www.Timekeeping.no) Orbits

Race Director: Roy Øwre [www.mylaps.com](http://www.mylaps.com)  
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Timing and results are not official. Page 4/8

# Heldagstrening SMCK

**Trening** **Vålerbanen Racing Circuit 2,274 km**

**Practice Heat 5 - Alle Klasser** **29.05.2023 16:20**

**Practice (1:20:00 Time) started at 16:20:00**

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
<b>(42) Alan Gorman</b>											
1	16:43:49.290					7	17:30:51.334	<b>1:09.848</b>			
2	16:45:00.313	<b>1:11.023</b>				8	17:32:03.571	<b>1:12.237</b>			
3	16:46:09.944	<b>1:09.631</b>				9	17:33:16.288	<b>1:12.717</b>			
4	16:47:20.006	<b>1:10.062</b>				p10	17:34:36.837	<b>1:20.549</b>			
5	16:48:31.711	<b>1:11.705</b>				<b>(33.) Carl Theodor Gustavsson</b>					
6	16:49:41.465	<b>1:09.754</b>				1	16:43:41.194				
7	16:50:52.655	<b>1:11.190</b>				2	16:44:53.168	<b>1:11.974</b>			
8	16:52:04.756	<b>1:12.101</b>				3	16:46:04.313	<b>1:11.145</b>			
9	16:53:18.540	<b>1:13.784</b>				4	16:47:14.680	<b>1:10.367</b>			
10	16:54:33.336	<b>1:14.796</b>				5	16:48:24.662	<b>1:09.982</b>			
11	16:55:45.885	<b>1:12.549</b>				6	16:49:37.042	<b>1:12.380</b>			
12	16:56:59.663	<b>1:13.778</b>				7	16:50:47.703	<b>1:10.661</b>			
13	16:58:08.435	<b>1:08.772</b>				8	16:51:59.092	<b>1:11.389</b>			
p14	16:59:27.341	<b>1:18.906</b>				9	16:53:09.370	<b>1:10.278</b>			
<b>(186) Arild Nilsen Henriksen</b>											
1	17:24:22.494					10	16:54:20.017	<b>1:10.647</b>			
2	17:25:35.145	<b>1:12.651</b>				11	16:55:32.328	<b>1:12.311</b>			
3	17:26:47.182	<b>1:12.037</b>				12	16:56:42.310	<b>1:09.982</b>			
4	17:28:00.274	<b>1:13.092</b>				13	16:57:52.671	<b>1:10.361</b>			
5	17:29:13.001	<b>1:12.727</b>				p14	16:59:12.162	<b>1:19.491</b>			
6	17:30:24.949	<b>1:11.948</b>				<b>(33...) Adrian Knudsen</b>					
7	17:31:38.728	<b>1:13.779</b>				1	16:23:31.893				
8	17:32:47.898	<b>1:09.170</b>				2	16:24:43.249	<b>1:11.356</b>			
9	17:33:56.748	<b>1:08.850</b>				3	16:25:55.078	<b>1:11.829</b>			
10	17:35:06.334	<b>1:09.586</b>				4	16:27:06.183	<b>1:11.105</b>			
11	17:36:16.766	<b>1:10.432</b>				5	16:28:16.958	<b>1:10.775</b>			
12	17:37:26.854	<b>1:10.088</b>				6	16:29:28.342	<b>1:11.384</b>			
p13	17:38:42.245	<b>1:15.391</b>				7	16:30:39.747	<b>1:11.405</b>			
<b>(54) Pål Døhlen</b>											
1	16:42:48.292					8	16:31:51.635	<b>1:11.888</b>			
2	16:44:00.267	<b>1:11.975</b>				9	16:33:02.730	<b>1:11.095</b>			
3	16:45:10.985	<b>1:10.718</b>				10	16:34:14.245	<b>1:11.515</b>			
4	16:46:21.341	<b>1:10.356</b>				11	16:35:25.670	<b>1:11.425</b>			
5	16:47:32.836	<b>1:11.495</b>				12	16:36:38.264	<b>1:12.594</b>			
6	16:48:42.492	<b>1:09.656</b>				13	16:37:48.352	<b>1:10.088</b>			
7	16:49:52.719	<b>1:10.227</b>				p14	16:39:27.747	<b>1:39.395</b>			
8	16:51:03.488	<b>1:10.769</b>				<b>(96) Alexander Mjølver</b>					
9	16:52:13.616	<b>1:10.128</b>				1	17:23:10.707				
10	16:53:23.818	<b>1:10.202</b>				2	17:24:23.220	<b>1:12.513</b>			
11	16:54:33.631	<b>1:09.813</b>				3	17:25:35.675	<b>1:12.455</b>			
12	16:55:43.948	<b>1:10.317</b>				4	17:26:47.776	<b>1:12.101</b>			
p13	16:57:00.228	<b>1:16.280</b>				5	17:28:00.776	<b>1:13.000</b>			
<b>(96.) Oddgeir Mikkjelrud</b>											
1	17:23:38.944					6	17:29:14.025	<b>1:13.249</b>			
2	17:24:51.594	<b>1:12.650</b>				7	17:30:27.217	<b>1:13.192</b>			
3	17:26:03.622	<b>1:12.028</b>				8	17:31:39.595	<b>1:12.378</b>			
4	17:27:16.636	<b>1:13.014</b>				9	17:32:50.418	<b>1:10.823</b>			
5	17:28:29.655	<b>1:13.019</b>				10	17:34:02.933	<b>1:12.515</b>			
6	17:29:41.486	<b>1:11.831</b>				11	17:35:13.429	<b>1:10.496</b>			
<b>(15) Marius Midtun</b>											
1	17:23:17.811					12	17:36:24.193	<b>1:10.764</b>			
2	17:24:30.851	<b>1:13.040</b>				13	17:37:34.457	<b>1:10.264</b>			
3	17:25:43.102	<b>1:12.251</b>				14	17:38:45.210	<b>1:10.753</b>			
4	17:26:56.281	<b>1:13.179</b>				<b>(15) Marius Midtun</b>					
5	17:28:09.692	<b>1:13.411</b>				1	17:23:17.811				
6	17:29:22.785	<b>1:13.093</b>				2	17:24:30.851	<b>1:13.040</b>			
7	17:30:35.713	<b>1:12.928</b>				3	17:25:43.102	<b>1:12.251</b>			
8	17:31:52.062	<b>1:16.349</b>				4	17:26:56.281	<b>1:13.179</b>			
9	17:33:06.338	<b>1:14.276</b>				5	17:28:09.692	<b>1:13.411</b>			
10	17:34:18.686	<b>1:12.348</b>				6	17:29:22.785	<b>1:13.093</b>			
11	17:35:33.483	<b>1:14.797</b>				7	17:30:35.713	<b>1:12.928</b>			
12	17:36:46.617	<b>1:13.134</b>				8	17:31:52.062	<b>1:16.349</b>			

# Heldagstrening SMCK

## Trening

Vålerbanen Racing Circuit 2,274 km

### Practice Heat 5 - Alle Klasser

29.05.2023 16:20

### Practice (1:20:00 Time) started at 16:20:00

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
13	17:37:57.733	<b>1:11.116</b>									
14	17:39:09.679	1:11.946									
<b>(38,17,6) Rune Vangen</b>						<b>(59) Atle Nordvik</b>					
1	17:24:45.768					1	17:24:21.096				
2	17:26:01.787	1:16.019				2	17:25:33.978	1:12.882			
3	17:27:16.248	1:14.461				3	17:26:46.412	<b>1:12.434</b>			
4	17:28:30.132	1:13.884				p4	17:28:08.230	1:21.818			
5	17:29:44.422	1:14.290				<b>(6) Jonas Andersen</b>					
6	17:30:55.573	<b>1:11.151</b>				1	16:43:29.103				
7	17:32:07.289	1:11.716				2	16:44:43.384	1:14.281			
8	17:33:18.941	1:11.652				3	16:45:56.884	1:13.500			
9	17:34:32.803	1:13.862				4	16:47:10.260	1:13.376			
p10	17:35:52.679	1:19.876				5	16:48:22.768	<b>1:12.508</b>			
<b>(38) Rune Olsen Bjune</b>						6	16:49:36.497	1:13.729			
1	17:25:04.868					7	16:50:50.986	1:14.489			
2	17:26:20.427	1:15.559				8	16:52:04.185	1:13.199			
3	17:27:31.876	<b>1:11.449</b>				9	16:53:18.240	1:14.055			
4	17:28:43.591	1:11.715				10	16:54:32.897	1:14.657			
5	17:29:55.162	1:11.571				11	16:55:45.546	1:12.649			
6	17:31:07.602	1:12.440				12	16:57:00.868	1:15.322			
7	17:32:20.355	1:12.753				p13	16:58:25.362	1:24.494			
8	17:33:32.155	1:11.800				<b>(57) Hans Bergström</b>					
p9	17:34:53.103	1:20.948				1	16:43:35.315				
<b>(111) Tommy Lidal</b>						2	16:44:48.249	<b>1:12.934</b>			
1	17:24:45.102					p3	16:46:12.565	1:24.316			
2	17:26:01.193	1:16.091				<b>(117) Jan Holter</b>					
3	17:27:16.643	1:15.450				1	17:23:09.074				
4	17:28:34.292	1:17.649				2	17:24:28.431	1:19.357			
5	17:29:47.735	1:13.443				3	17:25:42.236	1:13.805			
6	17:31:06.185	1:18.450				4	17:26:55.489	1:13.253			
7	17:32:19.996	1:13.811				5	17:28:09.145	1:13.656			
8	17:33:34.166	1:14.170				6	17:29:22.373	<b>1:13.228</b>			
9	17:34:46.131	<b>1:11.965</b>				7	17:30:38.173	1:15.800			
10	17:35:59.056	1:12.925				8	17:31:57.673	1:19.500			
11	17:37:15.997	1:16.941				9	17:33:12.664	1:14.991			
p12	17:38:39.322	1:23.325				10	17:34:27.335	1:14.671			
<b>(20.) Peder Kongtorp Skaret</b>						p11	17:35:50.892	1:23.557			
1	17:23:24.544					<b>(27) Tom Roger Syversen</b>					
2	17:24:42.406	1:17.862				1	17:23:35.430				
3	17:25:55.779	1:13.373				2	17:24:50.017	1:14.587			
4	17:27:11.372	1:15.593				3	17:26:03.421	<b>1:13.404</b>			
5	17:28:29.589	1:18.217				4	17:27:17.884	1:14.463			
6	17:29:46.836	1:17.247				5	17:28:35.812	1:17.928			
7	17:31:05.545	1:18.709				6	17:29:51.381	1:15.569			
8	17:32:18.158	1:12.613				7	17:31:07.554	1:16.173			
9	17:33:30.393	<b>1:12.235</b>				p8	17:32:31.683	1:24.129			
10	17:34:43.792	1:13.399				<b>(16) Kjell rusten</b>					
11	17:35:56.930	1:13.138				1	17:23:41.412				
p12	17:37:25.988	1:29.058				2	17:25:02.415	1:21.003			
<b>(118) Finn Kristiansen</b>						3	17:26:19.085	1:16.670			
1	17:24:36.177					4	17:27:34.147	1:15.062			
2	17:25:50.405	1:14.228				5	17:28:50.169	1:16.022			
3	17:27:03.280	1:12.875				6	17:30:06.078	1:15.909			
4	17:28:15.738	1:12.458				7	17:31:20.476	<b>1:14.398</b>			
5	17:29:28.148	<b>1:12.410</b>				p8	17:32:46.620	1:26.144			
6	17:30:40.605	1:12.457				<b>(20..) Vidar Jensen</b>					
p7	17:32:35.885	1:55.280				p1	17:23:40.723				
8	17:34:39.912	2:04.027				2	17:28:38.589	4:57.866			
9	17:35:53.424	1:13.512				3	17:29:53.842	1:15.253			
p10	17:37:16.507	1:23.083				4	17:31:08.762	1:14.920			
11	17:39:04.055	1:47.548				5	17:32:26.835	1:18.073			

# Heldagstrening SMCK

Trening Vålerbanen Racing Circuit 2,274 km

Practice Heat 5 - Alle Klasser 29.05.2023 16:20

Practice (1:20:00 Time) started at 16:20:00

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
6	17:33:43.235	1:16.400				5	17:28:28.817	1:18.299			
7	17:34:59.131	1:15.896				6	17:29:46.476	1:17.659			
8	17:36:14.890	1:15.759				p7	17:31:11.499	1:25.023			
9	17:37:30.202	1:15.312				<b>(88) Fredrik fredriksen</b>					
10	17:38:44.924	1:14.722				1	17:31:57.726				
<b>(92) Trygve Strand</b>						2	17:33:15.458	1:17.732			
1	17:23:44.660					3	17:34:34.103	1:18.645			
2	17:25:05.934	1:21.274				4	17:35:52.596	1:18.493			
3	17:26:27.524	1:21.590				p5	17:37:20.478	1:27.882			
4	17:27:47.332	1:19.808				<b>(2) Adrian/Sjur Berg-Strand/Rust-Ekren</b>					
5	17:29:05.220	1:17.888				1	16:22:42.582				
6	17:30:22.554	1:17.334				2	16:24:00.491	1:17.909			
7	17:31:41.393	1:18.839				p3	16:25:25.545	1:25.054			
8	17:32:57.389	1:15.996				p4	17:23:48.571	58:23.026			
9	17:34:18.325	1:20.936				<b>(45) Øyvind Hansen</b>					
10	17:35:33.743	1:15.418				1	17:23:40.736				
11	17:36:49.943	1:16.200				2	17:25:04.255	1:23.519			
12	17:38:05.568	1:15.625				3	17:26:26.831	1:22.576			
p13	17:39:29.341	1:23.773				4	17:27:49.407	1:22.576			
<b>(112) Svein Olaf Bennæs</b>						5	17:29:10.430	1:21.023			
1	17:24:44.539					6	17:30:31.779	1:21.349			
2	17:26:00.160	1:15.621				7	17:31:51.572	1:19.793			
3	17:27:15.877	1:15.717				8	17:33:12.358	1:20.786			
4	17:28:34.427	1:18.550				9	17:34:33.340	1:20.982			
5	17:29:50.348	1:15.921				p10	17:36:13.028	1:39.688			
6	17:31:06.488	1:16.140				11	17:38:38.028	2:25.000			
7	17:32:22.955	1:16.467				<b>(282) Kristoffer Lie</b>					
8	17:33:39.145	1:16.190				1	16:23:34.724				
9	17:34:55.418	1:16.273				2	16:24:59.317	1:24.593			
10	17:36:11.298	1:15.880				3	16:26:23.927	1:24.610			
11	17:37:26.797	1:15.499				4	16:27:49.577	1:25.650			
p12	17:38:47.199	1:20.402				5	16:29:12.052	1:22.475			
<b>(11.) Isak Løvstakken</b>						6	16:30:35.628	1:23.576			
1	16:23:32.010					7	16:32:02.968	1:27.340			
2	16:24:55.441	1:23.431				8	16:33:24.738	1:21.770			
3	16:26:17.630	1:22.189				9	16:34:46.721	1:21.983			
4	16:27:41.067	1:23.437				10	16:36:10.040	1:23.319			
5	16:29:02.026	1:20.959				11	16:37:30.790	1:20.750			
6	16:30:24.798	1:22.772				p12	16:38:58.778	1:27.988			
7	16:31:43.297	1:18.499				<b>(5.) Sindre Fjeldberg</b>					
8	16:33:01.285	1:17.988				1	16:23:28.964				
9	16:34:17.759	1:16.474				2	16:24:56.771	1:27.807			
10	16:35:37.765	1:20.006				3	16:26:25.450	1:28.679			
11	16:36:54.991	1:17.226				4	16:27:53.381	1:27.931			
12	16:38:14.516	1:19.525				5	16:29:20.479	1:27.098			
p13	16:39:46.716	1:32.200				6	16:30:47.422	1:26.943			
<b>(11) Eirik Skrinde</b>						7	16:32:13.709	1:26.287			
p1	17:23:46.052					8	16:33:39.300	1:25.591			
2	17:29:14.361	5:28.309				9	16:35:07.037	1:27.737			
3	17:30:35.679	1:21.318				p10	16:36:45.971	1:38.934			
4	17:31:59.872	1:24.193				<b>(64) Hans B Falk</b>					
5	17:33:19.449	1:19.577				1	16:23:31.830				
6	17:34:38.606	1:19.157				2	16:24:58.897	1:27.067			
7	17:35:55.417	1:16.811				3	16:26:26.606	1:27.709			
8	17:37:13.178	1:17.761				4	16:27:54.740	1:28.134			
9	17:38:32.139	1:18.961				5	16:29:22.502	1:27.762			
<b>(33..) Mats Døhlen</b>						6	16:30:49.128	1:26.626			
1	17:23:17.169					7	16:32:15.677	1:26.549			
2	17:24:34.966	1:17.797				8	16:33:41.871	1:26.194			
3	17:25:52.828	1:17.862				9	16:35:09.541	1:27.670			
4	17:27:10.518	1:17.690									



# Heldagstrening SMCK

**Trening** **Vålerbanen Racing Circuit 2,274 km**

**Practice Heat 5 - Alle Klasser** **29.05.2023 16:20**

**Practice (1:20:00 Time) started at 16:20:00**

Lap	Time of Day	Lap Tm	S1	S1	S2	Lap	Time of Day	Lap Tm	S1	S1	S2
10	16:36:37.836	1:28.295				p11	16:39:10.609	1:47.031			
11	16:38:03.896	<b>1:26.060</b>									
p12	16:39:40.873	1:36.977									

(7) Camilla Haagensen

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1	16:25:07.939	
2	16:26:36.009	1:28.070
3	16:28:05.679	1:29.670
4	16:29:34.812	1:29.133
5	16:31:08.201	1:33.389
6	16:32:41.948	1:33.747
7	16:34:08.898	<b>1:26.950</b>
8	16:35:39.179	1:30.281
9	16:37:08.077	1:28.898
p10	16:38:47.864	1:39.787

(49) William Eid Falk

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1	16:23:34.766	
2	16:25:05.595	1:30.829
3	16:26:35.445	1:29.850
4	16:28:05.171	1:29.726
5	16:29:34.299	1:29.128
6	16:31:05.747	1:31.448
7	16:32:34.465	1:28.718
8	16:34:03.843	1:29.378
9	16:35:32.235	1:28.392
10	16:37:00.269	<b>1:28.034</b>
11	16:38:28.599	1:28.330
p12	16:40:14.414	1:45.815

(52.) Jenny Hagen Jensen

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1	16:23:01.525	
2	16:24:39.195	1:37.670
3	16:26:17.900	1:38.705
4	16:27:55.186	1:37.286
5	16:29:32.949	1:37.763
p6	16:31:13.616	1:40.667
7	16:33:13.281	1:59.665
8	16:34:44.154	1:30.873
9	16:36:15.860	1:31.706
10	16:37:45.240	<b>1:29.380</b>
p11	16:39:26.408	1:41.168

(77) geir hestmann

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1	16:25:39.308	
2	16:27:18.126	1:38.818
3	16:28:51.346	1:33.220
4	16:30:25.817	1:34.471
5	16:32:03.475	1:37.658
6	16:33:34.501	<b>1:31.026</b>
7	16:35:08.103	1:33.602
8	16:36:42.107	1:34.004
9	16:38:14.171	1:32.064
p10	16:39:52.103	1:37.932

(4) Martin Carlsson

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1	16:23:00.088	
2	16:24:37.350	1:37.262
3	16:26:16.771	1:39.421
4	16:27:54.268	1:37.497
5	16:29:30.680	1:36.412
6	16:31:06.888	1:36.208
7	16:32:42.039	1:35.151
8	16:34:16.065	1:34.026
9	16:35:49.350	<b>1:33.285</b>
10	16:37:23.578	1:34.228

Chief of Timing & Scoring: [www.Timekeeping.no](http://www.Timekeeping.no) Orbits

Race Director: Roy Øwre  
Sport Rescue Team.

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